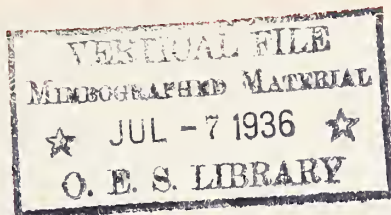


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LOW-HEAT PRECOOKING
RETAINS GREEN COLOR
IN CANNED VEGETABLES

Maintaining the natural green color in canned vegetables has long been a serious problem to the home canner. The heat of canning fades spinach and other greens as well as new peas and green beans, and there is also some loss in flavor and fresh texture. Chlorophyll, the green substance in plants, is sensitive to acid during cooking. Most vegetables contain some acid which the heat of cooking or canning drives out. In an open saucepan, this acid passes off with the steam. But in a sealed can, it attacks the green color.

Recent investigations have shown that if the green vegetable is precooked at low temperatures, between 160° to 180° F., the color seems to "set" so that when the vegetable is put in the can and exposed to the high heat of processing it will not fade so badly.

The new way, then, is first to cook green vegetables a short time in a saucepan with water, keeping the temperature at or below simmering point. Then put the hot vegetable immediately into sterilized hot containers and process under steam pressure. Best results with greens are reported from precooking until they wilt; with green beans, until they bend without breaking; and with young tender peas, about 5 minutes.

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